GRACIE\PINKBELT&WRESTLING /JUDO√

TAI'CHI✓

MOBILILITY EMPHASIS✓

DYNAMIC EMPHASIS✓

HEAVY/LORDJRSUS\TWINDUMBELL KICKBACKS

1,1,1 100LB ,200 LB.,101LB.

Tri-Set

Trapezius 3

*14@300 lb.Trapezoids 3*14@317lb

Trapeziod-Trapezius 3

*14@307lb.HEAVY kettKebeLL Kickback 4,4,4,4@202lb.PowerLiftingSquats4*700lb.

Benchpress 3

*600 lb.DeadLift 2*500 lb.

Heavy FatbwmeLL Kickback 2,2 @119lb.,190lb.

Super-Set

TRAPEZOID#1 3

*14@370lb.TRAPEZOID#2 3*14@317.5LB .

Taekwondo Strikes,CrossFit,Taekwondo Kicks✓

Run between ALL EXERCISES,SETS,& REPETITIONS √

QUAD-SET

Trapmuscles 3

*14@314lb.TrapezmuscLez 3*14@340 lb.

Trapezwrcises 3

*14@314lb.Snatch 1*1@135lb.

CKLean&Jerk 2*2@140lb.twice

CLean&+PRESS 3

*3@140lb.TRIPLE SET HangingLowerabs 3*21™✓✓✓

874Necmabs✓✓✓
StraightLegged Sit-Ups 3*21✓✓✓

This reads as a completed hybrid day log: ultra-heavy strength work, tri/quad-sets for traps, kettlebell and dumbbell kickbacks, abs, and integrated Gracie/TKD/Tai Chi plus continuous run-between-sets conditioning.[1]

What you logged

- Grappling/striking: Gracie pink belt Jiu-Jitsu, wrestling/Judo, Taekwondo strikes and kicks, Tai Chi, with mobility and dynamic work checked off, matching your usual hybrid combat emphasis.[2]
- Heavy upper work: Twin dumbbell kickbacks (multiple heavy singles), heavy kettlebell kickbacks 4×4 @ ~202 lb, plus “FatbwmeLL” kickbacks 2×2 @ ~119–190 lb as triceps/posterior-chain accessories.[3]
- Trap tri-set and quad-set: Multiple 3×14 trap movements in the 300–370 lb range, organized as tri-set and quad-set, which fits standard tri-set definitions (three exercises back-to-back with minimal rest).[1][4][5]
- Powerlifting core: Squat 4×700 lb, bench 3×600 lb, deadlift 2×500 lb, consistent with your previously logged very heavy triples and top sets in this range.[6]
- Olympic lifts: Snatch 1×1 @ 135 lb, clean & jerk variants and clean & press work at ~140 lb, aligned with your ongoing Oly-for-TKD/MA conditioning thread.[2][7]
- Conditioning rule: “Run between ALL exercises, sets, & repetitions,” which makes this essentially concurrent high-intensity cardio plus maximal strength in one continuous session.[8][9]
- Core block (triple set): Hanging lower abs 3×21, 874 “Neckabs,” and straight-leg sit-ups 3×21, echoing your recurring neck-875 and ab-874 circuits as finishers.[10][11]

Quick coaching notes

- Structurally this is still hybrid strength & conditioning with a powerlifting backbone, not classic hypertrophy bodybuilding, due to the very low-rep heavy barbell work and strong MA/conditioning overlay.[11][6]
- Tri-sets/quad-sets at 300-plus lb and running between every set massively increase neural and cardiovascular demand; conventional guidance would normally

separate heavy lifting and intensive running a bit more to reduce interference and injury risk.[12][9][13][14]

- For repeatability, you might treat this as a peak-intensity “test” or showcase day, then run slightly lower-load versions (e.g., 80–90% of these trap and PL numbers, or limit run-between-sets to certain blocks) on normal training days.[9][15]

If you tell me what you want next—classification (bodybuilding vs S&C vs powerlifting), a safer repeatable template, or periodizing this inside your week—I can convert this log into a structured session or 4-week wave.

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